

Secrets Of Alchemy
The Emerald Tablet Decoded
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Who are we? Why are we here? And where are we going? These are the fundamental questions that human beings ask themselves. We are all born with this intrinsic nature to know the truth. Truly, the ancient Hermetic maxim to “Know Thyself” is the greatest task set before us. This ancient saying, that was inscribed above the temple of Apollo, at Delphi, is the call to action that sets us on the quest to understanding all of life's mysteries. For when we truly know ourselves, we will know the universe, as well. The oldest, and most venerated text of alchemy, The Emerald Tablet of Hermes Trismegistus, explains this point clearly.

“It is true without error, certain and most true.

*That which is below, is like that which is above, and that which is above is like that which is below,
to accomplish the miracles of one thing.*

*And as all things have been, and arose from one, by the mediation of one: so all things have their
birth from this one thing, by adaptation.*

The Sun is its father, the moon its mother, the wind hath carried it in its belly, the earth is its nurse.

The father of all perfection in the whole world is here.

Its force or power is entire if it be converted into earth.

Separate the earth from the fire, the subtle from the gross, gently, with great care.

*It ascends from the earth to the heaven, and again it descends to the earth, and receives the force of
things superior and inferior.*

*By this means you shall have the glory of the whole world, and thereby all obscurity shall fly from
you.*

*Its force is above all force. For it vanquishes every subtle thing and penetrates every solid thing.
So was the world created.*

From this comes admirable adaptations whereof the means is here in this.

*Hence I am called Hermes Trismegistus, having the three parts of the philosophy of the whole
world*

That which I have said of the operation of the Sun is complete.”

As the thrice great Hermes proclaims, “As above, So below”, we can see how knowing ourselves is synonymous with knowing the universe. As Hermes was the god of communication, writing, magic, and astrology, this only seems fit. Following this assumption, we could say that understanding the outside world, would in turn, lead to understanding our inner world. This is the position that alchemists held, that the entire universe is connected, and moving as a whole, to “accomplish the miracles of one thing”. We can now see why the study of astrology and nature was so important to the ancients, because they understood the interconnectedness of all things. The Great Work of alchemy, is essentially the way of nature. Nature is always working in perfect harmony with it self. When we see ourselves as part of nature, we can understand how we are slowly being turned from “lead to gold”, by every experience in our lives. The alchemist understands the ways of nature, and uses her secrets to speed up this process. In this book, we will reveal these ancient secrets, and prove to you that the universe is a giant alchemical laboratory, working away, day and night, to perfection.

To answer these fundamental questions briefly, we are all sparks of light, emanating from one source. We are here to experience separation, as a self examination, and exercise in unity. We learn through every possible experience in life, the truth of our own nature, and slowly become perfect. When we have fulfilled our desires and perfected our nature, we start the long journey home, back to the original source of light. We are given free will, and we learn through the law of karma, the path of righteousness. We can take as long as we like on our journey, and the roads are endless. But when you've hit rock bottom, there's only one way up.

The Four Noble Truths of Buddhism are suffering, the cause of suffering, Nirvana, and

the path to Nirvana. The truth is, that Nirvana is the only permanent reality. Our original state is bliss. Suffering only comes when desires arise and we associate our bliss with something that we don't have. When we fulfill our desires, we experience the feeling of bliss, until another desire arises. This universe is a manifestation of an original desire to experience multiplicity. Everything is created for us to enjoy, and when we are done playing around, we can return to the source of joy, that is far greater than anything we can imagine.

Most people in this world are content with the joys that society has allowed them. These are mainly, food, sex, and alcohol. Due to misinformation, propaganda, and poor education, these unevolved souls tend to follow the "norm" and spend their whole lives toiling away, just to indulge themselves in these sensual pleasures, until their bodies and minds decay from the constant abuse. This materialist hypnosis, where humans rely on external stimuli to gratify their senses is what Hermes refers to as the "gross". The physical world is only a manifestation of the spiritual world, which Hermes calls the "subtle". The work of the alchemist is to cultivate the life force within, separating it from matter, moving ever closer to perfection, symbolized by the sun.

As humanity evolves, we learn, through experience, that our nature is spiritual. The law of karma is the great teacher that aids us in our growth. Every action has a corresponding reaction, every choice we make has a direct effect on our future, and the entire universe. We are reborn in the physical world until we learn the lessons we need, and fulfill all our earthly desires. The wide variation of human suffering and delight, is a direct reflection of the law of karma. It perfectly explains the reason as to why some are born into terrible conditions, and others into luxury. It is a direct result of their past karma in their previous lives, accumulated life after life. Indeed, many children have exact memories of their previous lives, and some retain birth marks from past life injuries. But for the most part, humans pass through the veil of forgetfulness, in order to start a new, unspoiled, and unegotistical. This memory loss is also a result of their failure to develop their astral bodies, to remain conscious after death.

Growing in experience, life after life, we begin to understand the laws of nature. We start to coexist with our world in greater and greater harmony. This happens with the aid of our higher self. We are all always connected to the greater source from whence we came. This inner guidance is the voice inside our heads that tells us right from wrong. We learn that good actions make us happy, and wrong actions bring suffering. Happiness is the inner light that guides us to our destination. We learn how to cultivate this happiness by treating ourselves and other right. Truly the golden rule is "Do on to others, as you would have done unto yourself". Suddenly, our head is out of the water, and we are beginning to see the light. We follow this happiness to greater and greater heights, discarding what we don't need and changing our lives to better suit our new selves. Until one day, the caterpillar goes into the cocoon, and becomes a butterfly.

We start to find that the things that once gave us pleasure and joy, become monotonous, and stale. The glimpse of Nirvana that we once derived from sensual pleasures, is no longer enough. We want more, and we know we can have it. This is why some of what society would call the most successful people, who have all the fame and fortune in the world, are not satisfied. The great lie is that the more material wealth you have, the happier you will be. As we can say from countless examples, this is not the case. True happiness comes from within, and it comes from a clear conscious. When we are in harmony with nature, including our brothers and sisters, we will be at peace. This is why the alchemist seeks to understand nature, because he sees how nature is always working in harmony.

This is the crossroads that we all come to, where we must make a choice between good and evil. To seek truth for the betterment of humanity, or to fall victim to sins of the flesh. Eventually good always triumphs over evil, because our nature is essentially good, no matter how dark your shadow is, you are always a child of light. Everyone can change themselves at any moment. Each new day is an opportunity to do anything you want, no matter how entangled your life is, it is just an illusion you have created with your mind. Even if you have no legs, you can transcend your physical body and experience a place where anything is possible. The truth is that we are not our physical bodies. They are just a manifestation of our spiritual bodies, and a vehicle to

experience the physical world. When we dream, our bodies are motionless, yet we still exist and have the opportunity to experience the infinite landscape of higher dimensions and receive messages from the deepest recesses of our subconscious. These higher states of consciousness are the new frontier that we embark upon when we've experience all that the physical world has to offer. This inherent desire to alter our state of consciousness is what drives us to seek the unknown. Some people do this by experimenting with drugs and alcohol, and this can lead to problems like addiction and death. But for all the years of humanities experimentation with altered states, we see undoubtable evidence that there is far more out there than meets the eye.

For centuries, this knowledge of the spirit world, and how to reach it, has been hidden. If this knowledge was known to all, the entire structure of materialist society would fall apart. We would not need any technology whatsoever. The earth naturally has everything to support and nurture human life. This is why it was worshipped as the great mother by all the indigenous tribes. These people lived in harmony with nature, and received everything in abundance from her. They had the practical knowledge to live in accordance with her, and the freedom to develop their higher faculties. This knowledge of the secrets of nature, is what gave these early alchemists the ability to create a golden age on earth.

The Emerald tablet states that all things arose from the "mediation of one". This mediation is a precise sacred geometry that can be found all throughout nature. This is the great secret that proves the existence of a higher intelligence that creates a unified field encompassing the entire universe. It is known as the divine proportion, the golden section, or as most of us know it, Phi. It is an irrational number with infinite digits after the decimal point, beginning with 1.618. This number is found by dividing a line at the only point where the ratio of the whole line to the larger line, is equal to the ratio of the larger line to the smaller line. A is to B as B is to C. It creates unity in division, and this is why it was held sacred since ancient times.

Spiraling out from the center of the universe, like a celestial rose, this divine geometry maps the fabric of the universe. Energy emanates from the source creating a counter-rotating field displaying the mathematics of phi throughout creation. It is the only way that perfection can be retained in expansion. We can see this in the seeds in the center of the sunflower. The cells in the seeds grow in spirals, following Phi for the most proficient use of space. This creates no gaps between the seeds, resulting in more seeds for the continuation of life. If we look at this beautiful mandala created by nature, we can visualize the way to perfection.

Truly, all of nature is unfolding in this way. Everything that is a result of natural laws displays this harmonious pattern. It can easily be found in the patterns of sea shells, flowers, plants, and animals, extending farther into DNA, the human body, galaxies, and solar systems. The ancient builders of sacred monuments like the pyramids and the Taj Mahal encoded it into their architecture. The famous painters of the renaissance like Leonardo Da Vinci used it as the template for their paintings. The musical notes are created by this structure. The perfect fifth, being the most harmonious relationship in music is Phi, and the chord is a continuation of it. This pattern creates the rose of life, called by the Indian Yogis the sahasrara yantra, the thousand petaled lotus, and golden flower by the taoists. It is this vortex of spiritual energy that the mystic sees as he opens his crown chakra and gazes out of the top of his energy field.

Surrounding all life is a doughnut shaped energy field known as the tube torus. It is created by counter rotating fields spiraling in from the top and out from the bottom returning again to the top in a never ending circulation. This is what Hermes means when he says *"It ascends from the earth to the heaven, and again it descends to the earth, and receives the force of things superior and inferior"*. This spiraling vortex is the only way that nature can retain proportion in growth, and is known as the phi spiral. Our bodies have this toroidal energy field around them, known as the Aura. The entire universe is a giant toroidal field, and every living thing inside of it has their own toroidal field, down to the smallest atom.

What does this mean? This means that there is a divine plan. Everything is expanding and contracting in perfect harmony from the central sun. The galaxies and planets are rotating in perfect harmony, and reflecting them below, is every living thing, down to the smallest life form.

This means in a sense that we have no free will, and no control. All of humanities actions are performed as reactions to our environment, which is a result of sacred geometry. It may seem like we have a choice, but our decisions are based on the influence of nature. We begin as one and are always returning to one. Lao tzu speaks of this way known as Tao when he says,

“Empty yourself of everything.

Let the mind rest at peace.

The ten thousand things rise and fall while the Self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness, which is the way of nature.

The way of nature is unchanging.

Knowing constancy is insight.

Not knowing constancy leads to disaster.

Knowing constancy, the mind is open.

With an open mind, you will be openhearted.

Being openhearted, you will act royally.

Being royal, you will attain the divine.

Being divine, you will be at one with the Tao.

Being at one with the Tao is eternal.

And though the body dies, the Tao will never pass away”.

This great universal pattern, underlying everything is the knowledge that frees us. We realize that everything is happening for a reason. When we start to notice this we can see messages from the universe everywhere. This is known as synchronicity. Whenever we are on the right path, we will be shown signs of reassurance, whether these be in recurring numbers when we look at the time, or symbols and words that keep appearing in books. We are always in a process of ongoing learning, to remember what we already know. There is no reason to have doubt or fear, when we recognize that every experience is a learning experience. There would be no light without darkness. Negativity is used as a catalyst for our growth. This is symbolized by the Yin-Yang. Darkness flowing into light, surrounded by a uniting circle. The realm of duality is temporary, the realm of divinity is eternal. This is the goal of the alchemist, to reconcile the polarities, reuniting them into one, and return to the source.

Th secret societies of all ages have known this great secret. The Freemasons use this geometry to build sacred monuments and cities, to harness the energy of the universe and reflect the stars above. They call the source of this energy the Great Architect of the Universe. Secret societies like this have preserved this ancient knowledge since the beginning of time, slowly releasing it as humanity evolves. The energy that this knowledge makes available, is so powerful that the entire universe was created by it. One who understands how to connect with this source, has unlimited power.

Understanding this “force above all force” one has the ability to create these “admirable adaptations”. They are admirable because they are in accordance with nature. This is why we find nature beautiful. The aesthetic appeal of everything, including the human form, is perceived by it's relativity to phi. Phi is the template for all beauty. This is why the planet Venus, who is astrologically associated with love, and beauty, is related to our earth according to phi. Its rotation around the earth creates a pentagram, a geometrical representation of phi. Eliphas Levi, the venerated author of *Transcendental Magic* says, “*The pentagram is the figure of the microcosm--the magical formula of man. It is the one rising out of the four--the human soul rising from the bondage of the animal nature. It is the true light--the "Star of the morning." It marks the location of five mysterious centers of force, the awakening of which is the supreme secret of white magic*”.

Ultimately, this great force, from which the entire universe was created is love. In India they describe it as “sat-chit-ananda”, consciousness, being, and bliss. This is our true, original state, of Nirvana, and it can be reached only through love. This is why the alchemist can never succeed unless his heart is set on the good. He may be able to extend his life, and gain material success, but he will never be at peace, which is what drives all actions, until he turns to love. Love is the key that

unlocks every door, and inside is an endless hallway leading to love. The more and more we live in love, the closer we are to our goal. Love without wisdom is knowledge without light. Nature is always emanating love, the spiral of smoke weaves between the field of love. Love is all around us. When we learn how to resonate with this force that thrives in places of peace, we attune ourselves with love, and raise our vibrations to a higher frequency. There are many ways we can attune to this force, abundant in nature, and further advance on the path to enlightenment. These secrets have been collected and passed on since the beginning of time, and kept hidden in symbols and mystery, waiting to be discovered only when the time is right. These are the secrets of alchemy.

The history of Alchemy goes back to the earliest known records of Sumeria, where the gods came down to earth to "mine gold". This can be seen as literary reference for the "gods" or higher beings bringing the knowledge of human transformation to earth. The ancient blacksmiths were considered alchemists because they knew the science of metallurgy for creating weapons and jewelry, and "turning lead into gold". These secrets were heavily guarded and a craft tradition developed, similar to masonry. Like masonry, they used symbols to convey the knowledge of their craft, while keeping it secret to the uninitiated. Eventually the symbols of transformation of metals became associated with the transformation of the human body, as did the symbols of masonry. The Egyptians were known as the greatest goldsmiths and therefore the art became known as Alchemy, which literally means "from Egypt".

The science of human transformation developed simultaneously all around the world. With each culture using its unique methods and symbols. Collectively it is known as alchemy. This is the origin of all religions and cults. It begins with highly evolved beings imparting the knowledge of transformation, or an ordinary human discovering these secrets naturally and a religion is formed from what people see as miracles. This transformation is what Hermes calls the *"operation of the sun"*, and it has everything to do with light.

When a human being achieves the goal of alchemy, or "creates the philosopher's stone", he creates what the Taoists call the elixir of life, and this is exactly what it is. The human has now transformed into an immortal being of light, and is able to perform what Hermes calls *"admirable adaptations"*, which are literally miracles. In China there is a common theme of Taoist alchemists achieving immortality. In India great yogis are known to be immortal and able to perform miracles. All around the world are legends and myths of people attaining this state of mastery. It is outlined in the recurring pattern of the "Hero's Journey", which is the basis for all great stories. There is a reason why these great stories resonate deep within us and bring up powerful emotions. It is because our higher self, which is connected to all that is, and lives within our hearts, knows the path of the hero is our destiny.

The Hero's Journey mirrors the process of alchemy, which is the process of human transformation. We are on a quest for the holy grail which is the Pineal Gland. This gland in our brains is light sensitive and is known as the third eye. When we can learn how to quiet our minds and let the light flow in naturally, we are channelling the life force that is all around us known as chi, or prana. The more life force we can channel and retain, the closer we are to transformation, and the higher our overall vibration will be. When we reach a high enough vibration, the cells in our body are transformed into light. We are now able to perceive dimensions of a higher vibration because we are able to resonate with them. We also perceive reality at a finer level and are able to perform miracles. These higher levels of perception have been documented and explored by shamans and yogis since the beginning of time. Certain psychoactive plants can give you brief glimpses of these realities and open your mind to the fluid like fabric of the universe.

Only a true hero can be ready to achieve this great goal. You will be tested and faced with every temptation and trial of your own mind. You must be ready to leave everything behind, including your own ego, which is the biggest challenge. You must come to peace with everyone and everything you know, and remain in a state of blissful awareness, which is our true nature. This is known as cosmic consciousness. All great teachings and forms of yoga and meditation are ways of reaching this state. Different ways work for different people, but in the end all roads lead to the same place, which is nothingness. The goal is to transcend the mind and return to our original state

of love, where we are connected to all that is. In this place, our source of energy is inexhaustable. Lao Tzu refers to it in this passage,

*"The way that can be named
is not the eternal way,
The name that can be named
is not the eternal Name.
The unnameable is the eternally real.
Naming is the origin
of all particular things.
Free from desire, you realize the mystery.
Caught in desire, you see only the manifestations.
Yet mystery and manifestations
arise from the same source.
This source is the mother of all mysteries,
The gateway to all understanding."*

He explains her qualities here,

*"The Tao is called the Great Mother:
empty yet inexhaustible,
it gives birth to infinite worlds."*

To reach this state of receptiveness to the energy all around us, we must become purified. This is the essential process of alchemy. To *"seperate the subtle from the gross"*. We must overcome our lower, animal nature and cultivate our spiritual nature. This is the ultimate goal of life, and truly the destiny of each and every one of us. We will reincarnate in physical bodies until we achieve this transformation, and graduate to the next level. If we all knew what awaits us beyond this reality, we would stop in a heartbeat and get to work, because the payoff is greater than anything the physical world has to offer.

There are three bodies we must purify. The physical, emotional, and mental. The secrets of alchemy are the methods used to purify these bodies. When the river is clean, the water can flow. This water is known as kundalini. The kundalini is the vital energy of transformation. It keeps our body healthy and when it is raised to the pineal gland it creates a mystical experience by creating DMT in our pineal gland. This energy is created by the body through the transformation of food into blood, and blood into cerebral spinal fluid. The goal is to retain this fluid by not ejaculating and raising it up to the brain through yogic practices. Breathing is very important for this, and there are many methods of channeling the breath to raise the kundalini, known as pranayama.

Diet is another key factor in this process. Overeating and consuming inorganic foods can dry up this fluid and inhibit its flow. The more pure and higher vibrating food you eat, the easier it is for energy to flow through your body. The best for this is raw food. Ultimately great alchemists go without eating and survive on pure life force. When you are energy, you don't need to derive energy from plant matter. Your energy field is unified and there is a circle of energy flowing in and around you. You become like the sun.

One of the greatest secrets of this purification and circulation is the secret of water. Distilled water is the "prima materia" or prime matter for creating the philosopher's stone. This is the closest thing to pure energy. It is purified water which is the ultimate cleaner and container of life force. All fruits and vegetables contain this distilled water, and so does your body. The body naturally distills water and excretes it in urine. Drinking your own water is one of the most highly guarded and powerful secrets of alchemy. It will purify our body and fill you with life force leading to immortality. This has been done forever and is practised and known in India and all over the

world today.

The emotional body is purified by overcoming your negative feelings. All sadness, fear, and pain can be overcome by understanding that all is one and everything is impermanent except for love. All of this is a learning experience, and by making the right decisions we no longer put ourselves in positions where negativity can affect us. We become strong in our minds and feelings. We feel confident and full of love and power. When we learn to harness the life force around us, we become stable and impervious to outside influences. We know that love is the only reality and we attract love and create love everywhere we go. We have compassion for others, without expiration. We choose the higher path, in order that others may find it as well. We live by example and allow others to find their own way.

To purify the mental body we must overcome our ego. We must forget about "I" and become one with the way of nature. Hafiz says,

*“Even
After
All this time
The Sun never says to the Earth,*

"You owe me."

*Look
What happens
With a love like that,
It lights the whole sky.”*

The true way does not claim ownership. It is selfless, and filled with love. It is joyful because it is everything. It is not limited to one body or mind. It becomes all by being nothing. This is the great goal of yoga, to transcend the mind. Yoga means union. Oneness with everything. In order to do this one must learn how to relax into the natural state of being. This starts by breathing without effort.

The taoists call this action in non-action. When you are aware and completely relaxed the energy flows into you. If you can stay in this state of reception, you are channeling light. This is meditation, and the results are infinite. When you have a lucid dream this is a state of awareness beyond your body where you can create your reality. The state of meditation is similar to this. When you reside in this state of eternal love you can transcend the mind and this reality. The kundalini rises to the brain and chemicals are created in the brain that produce visions and transcendence.

The great esoteric traditions of the world have guarded these secrets since the beginning of time. They all have their different methods that have the same goals. The goal of Yoga is Alchemy. The taoists have some of the most revealed teachings on this. Jesus and all great saints and masters of all time have been teachers of this wisdom. Their essential message is love. We must learn to forgive and understand our purpose here in physical bodies. When we are ready we will all seek the truth. The truth is only found within. Inside we have a mirror image of the universe. The goal of the universe is returning to the source. We must return to our natural state of being in order to know the truth. Through purification and meditation, this is achieved. The process of this transformation is known as Alchemy.

